

maintain a normal equilibrium amongr
 the different vit*
 principles of my organism. May the
 birthless one that preside
 over the white isle \Shvetadvipa) lead me
 to that land; ma>
 the destroyer of the demons Madhu and
 Kaitabha destroy
 my enemies. May the all-pervading Vishnu
 always expel sins
 from my body; may the swan, fish and
 tortoise^manifestations
 of Vishnu protect me in all the quarters
 of the heaven. May
 he, whose prowess brooks no obstruction
 in the three regions,
 dissipate all my inequities. May
 NSrayana protect my in-
 tellect, may Shesha grant me that pure
 knowledge which dis-
 pels all ignorance, may the god whose
 mouth is the submarine,
 volcanic fire, cleaRse my spirit of all sin
 I have committed
 in the past with my hands, feet, and
 mouth. May Dattitreya
 grant me increase of friends, progeny
 and domestic animals.
 May Rdma destroy with his battle-axe all
 rny adversaries.
 May the mighty armed Rlma, the
 destroyer of Rikshasas,
 always guard my body. May Rama, the
 delight of the race
 of Yfdavas, kill my enemies with his
 invincible plough-
 share. May juvenility of Krishna, the
 destroyer of Pralamva,
 Keshin, ChAnura, Putana and Kansa,
 grant me all my heart
 desires. Dismayed with fear, utterly
 terror-stricken, I see
 a noose-holding male figure of a
 blackish, yellow colour,
 more sable than the primordial darkness
 and more dreadful
 to look at than the god of death, hence
 do I consign myself
 to the protection of the lotus-eyed one
 that suffers no decay.

0 my soul, I need not fear since the woe-dissipating lord

is mini. I am now indeed an adorable Self.

Having meditated upon the divine self
of N&riyana, who
guards against all evils and calamities
that beset human life,
I roam about in this world, bearing this
Vaishnava prophylaxis on my person. Since my
mind perpetually dwells
upon the almighty self of Vishnu,
malignant spirits dare not
assail me. I am a veritable moving
pantheon, full of energies
of all the divinities. May success
attend me in this life
since I have duly recited this
(Vaishnabam) Mantram.